



A Nutrition Resource

GROOVY GREEN SMOOTHIE

Yield: 2 Servings | Serving Size: 1.5 cups

Cost/serving: \$0.85

Ingredients:

- 1 banana, cut in chunks
- 6 ounces low-fat vanilla yogurt
- 1 1/2 cup fresh or frozen spinach leaves (or more, if desired)
- 1 cup orange juice

Directions:

- 1) Place ingredients into blender; blend until smooth.

Note: Frozen banana will make smoothie thicker.



Nutrition Facts

2 servings per container
Serving size 1.5 cups (311g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 2mg	10%
Potassium 433mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

